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Lunch:

Information Line:

12 noon (daily)

790-6610 (Menu & Activities)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>“Early Bird Meal” - You may order the day’s meal packed to go by calling 790-6600 by 10:30 a.m. and arranging pick-up any time after 11:45 a.m. Cost is \$3.50.</div>			<div>1<div>8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 ECHO Housing (Reverse Mortgage info) 9:30 Senior Fitness 10 – 3 B.P. Screening 10:30 Yoga/Stretch 1:00 Chess & Games 2:00 Senior Center Singers 2:45 Dance, “Young at Heart” band (\$3)</div></div>	<div>2<div>8:30 Walkers 9:00 Pinochle 9:00 Canasta 9:00 Card games 10:00 Bridge 1:00 Fabulous Fridays, Chinese Club Movie 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Garden Club, Lee Ellis, Master Gardener speaking on “Container Planting” 2:00 Hula Hula Hula 3:00 Tai Chi</div></div>
<div>5<div>8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:30 Newcomer Orientation 1:45 Interm Spanish 3:15 Adv Spanish (fee) 3:15 International Line Dance (fee)</div></div>	<div>6<div>8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice (field 2) 9–3 Deaf Seniors (Community Center) 9:30 Senior Fitness 10–3 B. P. Screening 10:00 Creative Writing 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:00 Mary Anne Mendall, Saving Our Senior Center How We Can Help 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)</div></div>	<div>7<div>SENIOR RALLY IN SACRAMENTO - 7:30 am to 5 pm ; Trip – \$7; Trip & Riley’s Box Lunch –\$10; Order by 5/2 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests(appt) 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30– 2:30 Medicare Counseling (appt.) 1:00 Visually Impaired Computer Class 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers</div></div>	<div>8<div>8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10 – 3 B.P. Screening 10:30 Yoga/Stretch 12:00 Lunch 1:00 Speaker – Steven Hua, NorthCare, Prescriptions by Mail 1:00 Chess & Games 2:00 Senior Center Singers 2:45 Dance, “Young at Heart” Band (\$3)</div></div>	<div>9<div>8:30 Walkers 9:00 Pinochle 9:00 Canasta 9:00 Card games 10:00 Bridge 12:00 Mother’s Day Celebration & Lunch Mother’s free as space allows – sign up early All others - \$5 1:00 Pinochle & Canasta 1:30 Birthday Party! Entertainment by the Over the Hill Band 1:30 Needlecrafts 2:00 Hula Hula Hula 3:00 Tai Chi</div></div>
<div>12<div>8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton Plaza) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) 3:15 International Line Dance (fee)</div></div>	<div>13<div>8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice (field 2) 9:30 Senior Fitness 10 – 3 B. P. Screening 10:00 Creative Writing 10:30 Indo-American Seniors 1:00 Speaker: Sonia Khanna, “Arthritis” 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 3:00 East Indian Seniors 4:00 Tai Chi (Adv)</div></div>	<div>14<div>8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 AC Transit picture I.D. (appt)- 10:00 Current Events 1:00 Visually Impaired Computer Class 1:00 Pinochle & Canasta 1:00 Social Security (appt) 1:00 Mah Jongg 1:30 NARFE Mig 1:30 Afghan Women 7:00 Woodcarvers</div></div>	<div>15<div>8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10 – 3 B.P. Screening 10:30 Yoga/Stretch 12:00 Lunch 1:00 Chess & Games 2:00 Senior Center Singers 2:45 Dance, “Young at Heart” Band (\$3)</div></div>	<div>16<div>8:30 Walkers 9:00 Pinochle 9:00 Canasta 9:00 Card Games 9:30 Sr Commission Meeting 9:30 Dr. Wood 10:00 Bridge 1:00 Fabulous Fridays 1:00 Pinochle & Canasta 1:00 Parkinson’s Disease & the Art of Moving (fee) 1:30 Needlecrafts 2:00 Hula Hula Hula 3:00 Tai Chi 3–6 Russian Club</div></div>
<div>19<div>Painting Contractors in A Wing 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Interm Spanish 3:15 Adv Spanish (fee) 3:15 International Line Dance (fee)</div></div>	<div>20<div>Painting Contractors in A Wing 8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice (field 2) 9–3 Deaf Seniors (Community Center) 9:30 Senior Fitness 10 – 3 B. P. Screening 10:00 Creative Writing 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)</div></div>	<div>21<div>Painting Contractors in A Wing 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests (appt) 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30– 2:30 Medicare Counseling (appt.) 1:00 Visually Impaired Computer Class 1:00 Pinochle & Canasta 1:00 Mah Jongg 6:30– 8:30 Circle of Care (Caregivers Support) 7:00 Woodcarvers</div></div>	<div>22<div>Painting Contractors in A Wing 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10 – 3 B.P. Screening 10:30 Yoga/Stretch 12:00 Lunch 1:00 Chess & Games 2:00 Senior Center Singers 2:45 Dance, “Young at Heart” Band (\$3)</div></div>	<div>23<div>Painting Contractors in A Wing 8:30 Walkers 9:00 Pinochle 9:00 Canasta 9:00 Card Games 10:00 Bridge 11:30 NARFE Social Time 12:30 NARFE Business Meeting 1:00 Pinochle & Canasta 1:00 Parkinson’s Disease & the Art of Moving (fee) 1:30 Needlecrafts 2:00 Hula Hula Hula 3:00 Tai Chi</div></div>
<div>26<div>HOLIDAY MEMORIAL DAY SENIOR CENTER CLOSED </div></div>	<div>27<div>8:00 Meditation 8:30 Senior Fitness 8:45 Yoga/Stretch 9:00 Softball Practice (field 2) 9:30 Senior Fitness 10 – 3 B. P. Screening 10:00 Creative Writing 10:30 Indo American Seniors 1:00 Speaker: Bob Coon, “Talking About Trains” 12:45 Crafts 1:00 Bridge 1:00 Legal Assistance 1:45 Fremontaires 2:00 Visual Concerns Support Group 3:00 East Indian Seniors 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)</div></div>	<div>28<div>Annual Flower & Garden Show 10:00–2:30 p.m. 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 12:00 Medicare Counseling (appt) 1:00 Visually Impaired Computer Class 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers</div></div>	<div>29<div>8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10 – 3 B.P. Screening 10:30 Yoga/Stretch 12:00 Lunch 1:00 Chess & Games 2:00 Senior Center Singers 2:45 Dance, “Young at Heart” Band (\$3)</div></div>	<div>30<div>8:30 Walkers 8:30 – 1:30 Regional Volunteer Coordinator Meeting 9:00 Pinochle 9:00 Canasta 9:00 Card Games 10:00 Bridge 1:00 Pinochle & Canasta 1:00 Parkinson’s Disease & the Art of Moving (fee) 1:30 Needlecrafts 2:00 Hula Hula Hula 3:00 Tai Chi</div></div>